4: Indiana U. S-4, 5 1955 RG4 Estonia RG4
Livonians

Annex "A," Subparagraph 1p,
Sociological Background

HEALTH AND SANITATION

262 Dietary habits. In first place among the
252 Livonian foods belongs fish, which is eaten the year round in different forms, either fresh, salted or smoked. Along with fish are eaten bread and potatoes. The bread is kneaded in small troughs, four to six loaves at a time, and the potatoes are either boiled or fried with butter. Very often the Livonian housewives make soups and porridges. They prepare soups from potatoes, peas, and beans, either separately or mixed, and from grits, flour, etc. A dumpling soup made from grated potatoes is very tasty. The general name for different kinds of porridges is sandrokk 'thick porridge,' as opposed to the rokk, boiled from sour milk in the summer. In the winter the Livonians drink tea and coffee prepared from home products. On Saturday evenings rolls (kakk) made of barley flour appear on the table. For holidays they make pies, cheese cakes and home-brewed beer. Since the Livonian forests are rich in berries, especially in blueberries and whortleberries, different kinds of preserves are prepared from them.

SOURCES

000

Loorits, Oskar